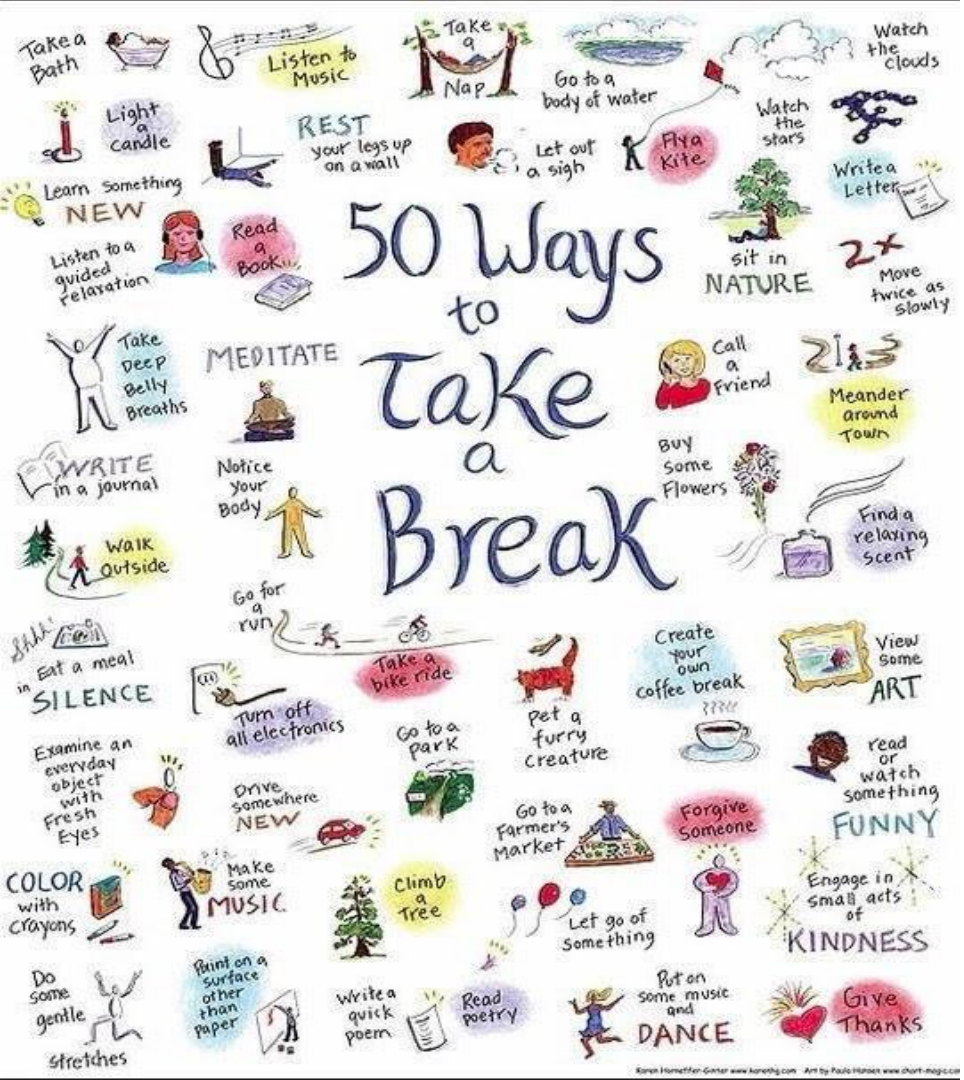
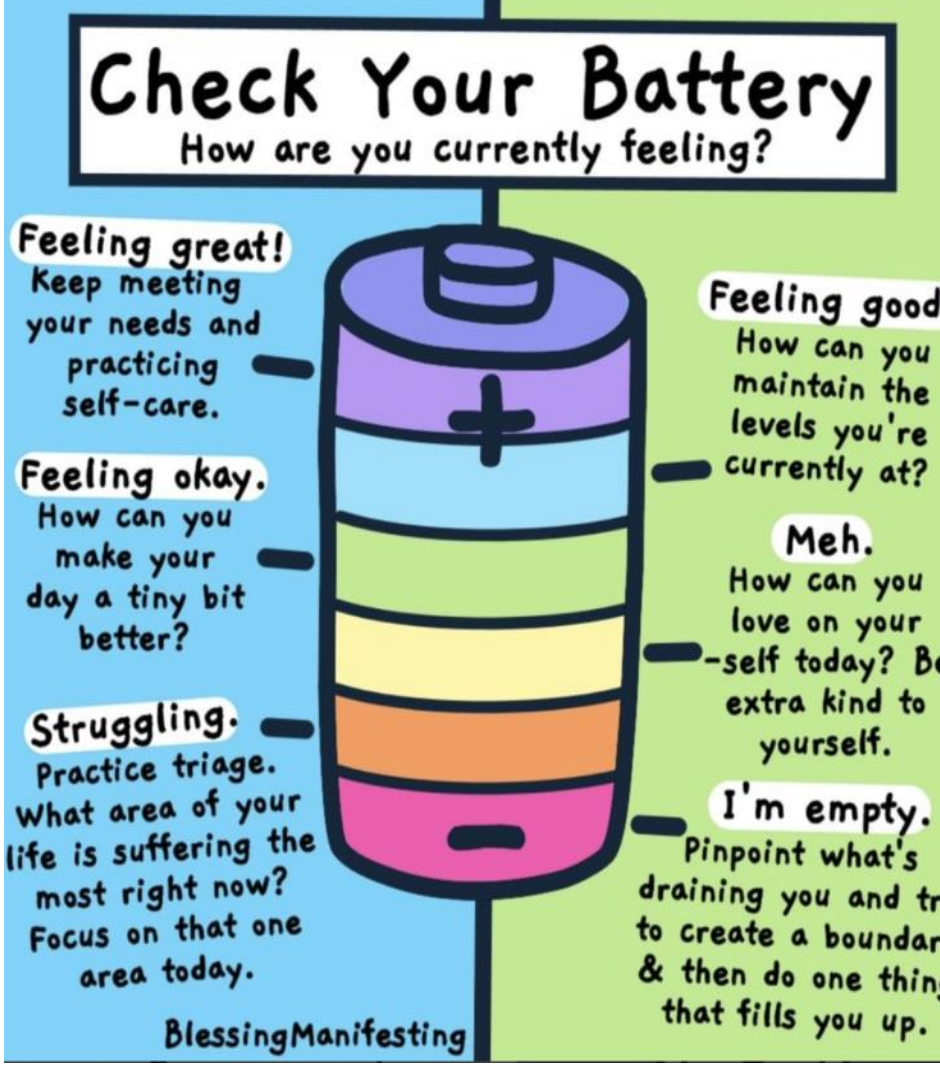
CUB's Virtual Wellness Space

This space has activities, tools, and resources that can help calm your body when feeling heavy emotions, stress, or anxiety.

Resources for the whole family!


50 Ways to Take a Break
Take a Bath
Listen to Music
Take a Nap
Go to a body of water
Watch the clouds
Light a candle
REST your legs up on a wall
Let out a sigh
Fly a Kite
Watch the stars
Learn Something NEW
Write a Letter
Listen to a guided relaxation
Read a Book
sit in NATURE
2x Move twice as slowly
Take Deep Belly Breaths
MEDITATE
Call a Friend
Meander around Town
WRITE in a journal
Notice your Body
Buy Some Flowers
Find a relaxing scent
WALK Outside
Go for a run
Take a bike ride
Eat a meal in SILENCE
Create your own coffee break
View some ART
Turn off all electronics
Pet a furry creature
Examine an everyday object with Fresh Eyes
Go to a park
read or watch something FUNNY
Drive somewhere NEW
Go to a Farmer's Market
Forgive Someone
COLOR with crayons
Make some MUSIC
Climb a Tree
Engage in small acts of KINDNESS
Let go of Something
Do some gentle stretches
Paint on a surface other than paper
Write a quick poem
Read poetry
Put on some music and DANCE
Give Thanks


Check Your Battery
How are you currently feeling?
Feeling great!
Keep meeting your needs and practicing self-care.
Feeling good
How can you maintain the levels you're currently at?
Feeling okay.
How can you make your day a tiny bit better?
Meh.
How can you love on your -self today? Be extra kind to yourself.
Struggling.
Practice triage. What area of your life is suffering the most right now? Focus on that one area today.
I'm empty.
Pinpoint what's draining you and tr to create a boundar & then do one thin that fills you up.
BlessingManifesting


Mindfulness
Everyday Mindfulness
Square Breathing
5-Minute Meditation
You Are Not Your Thoughts
Grounding to Destress
Thought Bubbles
5-Minute Mindfulness for Anxiety
3-Minute Mindfulness


Self-Care
SELF CARE TIPS
SOCIAL SUPPORT
SELF-CARE ASSESSMENT
HEALTHY VS UNHEALTHY COPING STRATEGIES
SELF-CARE FOR ELEMENTARY STUDENTS
COPING WITH ANXIETY
SELF COMPASSION
GRATITUDE JAR

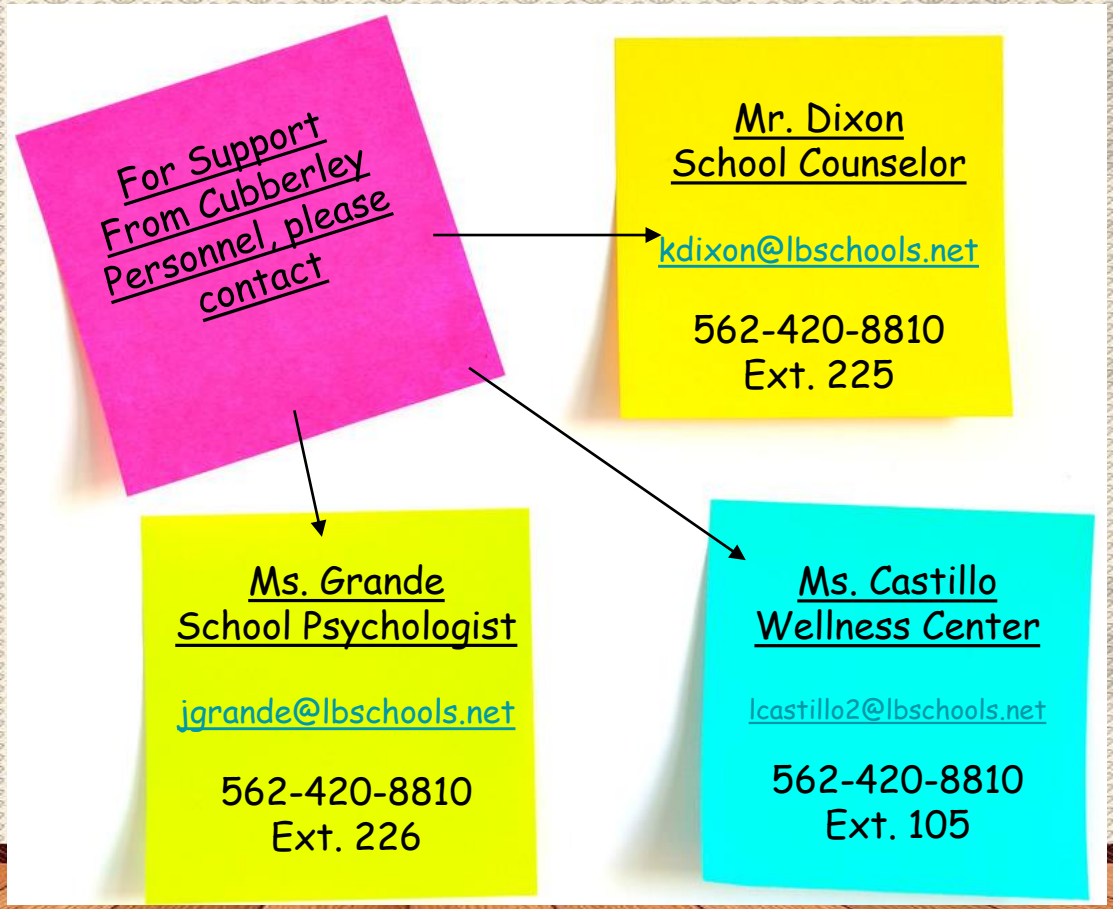

Music
&
Sounds
CAMPFIRE
JAZZ
OCEAN WAVES
DISNEY PIANO
CLASSICAL MUSIC
RELAXING PIANO
LOFI HIP HOP
LOFI CHILL BEATS


Live Animal Visits
TIGER CAM
KOALA CAM
POLAR BEAR CAM
INDIO-PACIFIC BARRIER REEF
ELEPHANT CAM
HIPPO CAM
SERVICE PUPPY CAM
PENGUIN CAM


Art
&
Activities
COLORING
GOOGLE DRAW
GETTY MUSEUM
GAMES
COLOR MANDALA
WORD PUZZLES
SMITHSONIAN MUSEUM
BUBBLE WRAP


Get Support
LONG BEACH COMMUNITY RESOURCES
FAMILY RESOURCE CENTERS
INFO ABOUT STAR VIEW COMMUNITY SERVICES
CARE SOLACE: FOR MENTAL HEALTH REFERRALS
DRUG & ALCOHOL RESOURCES
LONG BEACH PUBLIC LIBRARY
VOLUNTEER OPPORTUNITIES
VAPING & TOBACCO RESOURCES

Get Support


For Support From Cubberley Personnel, please contact
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